

Scientastic!

RECORDING BEDTIMES AND WAKE TIMES

If your bedtime is:	Record this number as your bedtime in your Sleep Diary	If you wake up at:	Record this number as your wake time in your Sleep Diary
9:30 p.m.	9.50	5:30 a.m.	5.50
10:00	10.00	5:45	5.75
10:15	10.25	6:00	6.00
10:30	10.50	6:15	6.25
10:45	10.75	6:30	6.50
11:00	11.00	6:45	6.75
11:15	11.25	7:00	7.00
11:30	11.50	7:15	7.25
11:45	11.75	7:30	7.50
12:00 a.m.	12.00	7:45	7.75
12:15	12.25	8:00	8.00
12:30	12.50	8:15	8.25
12:45	12.75	8:30	8.50
1:00	13.00	8:45	8.75
1:15	13.25	9:00	9.00
1:30	13.50	9:15	9.25
1:45	13.75	9:30	9.50
2:00	14.00	9:45	9.75
2:15	14.25	10:00	10.00
2:30	14.50	10:15	10.25
2:45	14.75	10:30	10.50
3:00	15.00	10:45	10.75